

PHYSICAL FITNESS

1831

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PHYSICAL FITNESS PROGRAM OBJECTIVES

1831.1

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The overall objective of the physical fitness program is to develop and maintain optimal physical ability of employees, with an emphasis on those in physically demanding jobs. Specific objectives include the following:

- Improve employee performance during physically demanding job tasks.
- Increase participation of all emergency response employees in a healthy, physically active lifestyle.
- Reduce the frequency and severity of strain, overexertion, cardiovascular, and heat stress related illnesses and injuries.
- Reduce the risk of exercise injuries.
- Increase employees' knowledge of the principles and techniques of physical fitness conditioning, weight control and nutrition.
- Improve employees' attitudes about the importance of maintaining a life-long personal physical fitness program.

[Next Section](#)

[Handbook Table of Contents](#)

[Forms or Forms Samples](#)